

## BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated; if your head is dull or aching; if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, sallow and can't get feeling just right, begin drinking phosphated hot water. Drink before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it. This will flush the poisons and toxins from stomach, liver, kidneys and bowels and cleanse, sweeten and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all the previous day's poisonous waste, gases and sour bile before putting more food into the stomach.

To feel like young folks feel; like you felt before your blood, nerves and muscles became loaded with body impurities, get from your druggist or storekeeper a quarter pound of limestone phosphate which is inexpensive and almost tasteless, except for a sourish tinge which is not unpleasant.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels. Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast. They are assured they will become real cranks on the subject shortly.—Adv.

If some men fail to get their just deserts they have cause for rejoicing.

Most particular women use Red Cross Ball Blue. American made. Sure to please. At all good grocers. Adv.

Only One.  
"Misfortunes never come singly."  
"Oh, I don't know; Henry VIII had only one wife at a time."

### PREPAREDNESS!

To Fortify The System Against Grip when Grip is prevalent LAXATIVE BROMO QUININE should be taken, as this combination of Quinine with other ingredients, destroys germs, acts as a Tonic and Laxative and thus keeps the system in condition to withstand Colds, Grip and Influenza. There is only one BROMO QUININE. B. W. GROVE'S signature on box. 25c.

Pope's Opinion.  
Gracie—Arthur and I have promised to stand by each other.  
Pa—You're sitting on the sofa by each other every time I pass the parlor door.

### RED, ROUGH, SORE HANDS

May Be Soothed and Healed by Use of Cuticura. Trial Free.

Nothing so soothing and healing for red, rough and irritated hands as Cuticura Soap and Cuticura Ointment. Soak hands on retiring in hot Cuticura soap suds. Dry and gently anoint hands with Cuticura Ointment. A one-night treatment works wonders.

Free sample each by mail with Book Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Why Dads Go Dippy.  
"Pa, was Joan of Arc Noah's wife?"  
(A moment later):  
"Pa, does ink come from the Black sea?"

## FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When crows, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic—remember, a good "inside cleaning" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

Seemed Longer.  
"How long has Colonel Bluegrass been in the city?"  
"Oh, about a week."

"Why, he talked to me as if he had been here at least six months."  
"You forget. This town is dry."

### RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and remove dandruff. It is excellent for falling hair and will make hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Just a Suggestion.  
"I'm still waiting for you to pay me that \$5 you owe me, Dobson."  
"Oh, don't let that worry you."  
"That's what I'm trying to do, but I would feel greatly encouraged if you would let it worry you occasionally."

## THE KANSAS SPIRIT.

BY W. E. PAYTON.

Above the prairie's sweep, imperaled by silent stars,  
Above the singing rivers, coursing sandy bars,  
High in the wooling heavens, longing for The Day,  
Are Faith and Hope and Love, that teach the better way.

When Redman pitched his tent on rich and fertile plain,  
When wild horse, fiery nostrilled, tossed his gleaming mane,  
When bison, deer and fowl fed from her verdant store,  
All loved the Hand providing—the God that we adore.

Each Kansan views in visions, progress yet to be,  
He ever is a mariner on an uncharted sea;  
Content he cannot be a trailer of the sod—  
Unveils with inner sight, his Master and his God.

To labor is to pray—not sordid plead for gold—  
Good deeds and kindly words his very being holds;  
And Doubt and Fear and Lust find no congenial soil;  
Life's richest boon and blessing is happiness in toil.

O land serene, majestic, pure as the winds that blow!  
O glorious home for children, free from want and woe!  
Our pride, the Kansas mother, man's equal and as true,  
If human love is holy, 'tis only found in you!

Fabled as land of treasure, an El Dorado quest,  
Where child mind is the diamond adorning mother breast;  
More highly prized than gold is fellowship of man;  
Here bread cast on the waters returns to you again.

And Kansas lives in kinship with peaceful sister states,  
E'er hoping not for conflict, she arms, not idly prates;  
For nations live, but men must die, is her just God's decree,  
If both be bold and valiant, now and ever they'll be free.

As Eagle with his eye upon the King of Day,  
Above all earthly strife is armed for the fray,  
Do Kansan men attain, in time the eagle's flight,  
And like the Eagle, fear no foe man in the fight.

### STATE NEEDS MORE CATTLE WHEAT CROP MAY BE INJURED

A Gradual Decline in the Business Since 1904 When 2,757,000 Head Were Produced.

The history of the live stock business in Kansas was at its zenith in 1904, when 2,757,000 head, exclusive of milk cows, were produced in the state. J. C. Mohler, secretary of the state board of agriculture, told delegates at the third annual convention of the Kansas Live Stock Association at Wichita recently.

"There has been a more or less gradual decrease since the record year of 1904, until in 1914 Kansas possessed fewer cattle than in any previous year since 1896," Mr. Mohler said. "There was a decided increase last year, however, although the number was under the 2,000,000 mark. Values have risen at such a rate that the cattle, although fewer in number, were worth more in 1915 in the aggregate and in the average per head of all classes, than in any other prior year. There is solace in that. Record values, however, by no means affect the need of Kansas for infinitely more beef animals, but rather would seem to emphasize that need—to make it more imperative."

Death Followed Pulling of Tooth—Orville L. Thompson, 22 years old, is dead at the home of his mother in Salina as the result of the extraction of a tooth last October. Infection made an operation necessary and a part of the jaw was removed. Pneumonia followed, resulting in death.

Offer \$350 for Bush's Murderer—The Saline county commissioners have offered a reward of \$100 for the arrest and conviction of the murderer of John Bush, who was shot January 25 while sitting in his kitchen near Shipton. This makes \$350 reward now offered.

Disastrous Fire at Dexter—Half a block of the business houses of Dexter were burned the other morning. The fire broke out in a butcher shop and before it could be controlled had destroyed all the north half of the block.

Dies of Exposure.—As a result of exposure when he fell by the road near Huron, recently, A. H. Davis, a farm hand, 58 years old, died in the Athesian hospital. He was found with both feet and hands badly frozen.

Hear Helen Keller.—With an attendance of 2,500 and lively sessions scheduled for every hour, the South-west Kansas Teachers' Association held one of the most successful conventions in its history at Coffeyville, recently. After a day of lectures and discussions, the evening was given over to entertainment. Helen Keller proved the greatest attraction and drew two packed houses.

Found Dead in Bed.—Norman Grist, a Sumner county pioneer, was found dead in his bed at Belleplaine the other day. He had lived there forty-five years and was a Civil war veteran.

Killed in Fall.—Frank French, 21 years old, son of a Wichita doctor, fell from the fifth floor of the Butts building at Wichita to the second floor and was killed.

Wichita Bank to Build.—The officials of the Kansas State Bank of Wichita, announced recently that they would erect at once a \$100,000 bank building on the site of the present building. The building will be of granite and cut stone and will be an exact replica of the First National Bank building in Kansas City.

Farmers Dies of Burns.—Jacob Schuss, a farmer, 72 years old, is dead at his home south of Larned, from burns received when he attempted to start a fire with kerosene.

Cold Closed Baker University.—A fuel shortage and cold weather forced Baker university to dismiss classes recently until a supply could be secured. The school's heating plant uses crude oil and although a car was ordered it went astray in transit and the local supply was exhausted.

City Utility at Atwood.—Workmen are assembling Atwood's new municipal lighting plant and installing a system of street lights which were provided in a \$15,000 bond issue voted last fall.

Agricultural College Expert Sees Danger in Ice and Sleet Which Covers the State.

Severe winter killing of wheat and young alfalfa may result from the ice sheet that covers Kansas if it remains long on the fields, L. E. Call, professor of agronomy in the Kansas Agricultural College, says. Sleet fell recently on frozen ground in Kansas, and wheat plants, soil and snow have been frozen together. Examination of the wheat plants is being made by the college.

Professor Call advises the farmers to either disc or roll their wheat and alfalfa to break the ice and admit air to the plants. Six years ago similar conditions killed large acreages of winter wheat and alfalfa, Professor Call stated, and a continuance of present weather conditions may result in considerable loss.

### WOLVES HARRY THE FARMS

Troops from Fort Leavenworth May Join in Big Hunt to Drive Out Pests.

People living in Salt Creek valley adjoining the timber on Sheridan's drive north of Fort Leavenworth are being annoyed of late by timber wolves. Many of these large wolves crossed the river on the ice from the Missouri bluffs since the cold weather set in and they are hungry and bold. Since the ground became covered with frozen sleet rabbits have left the timber and taken to the corn fields to get something to eat and now that the wolves cannot live on them they have begun killing chickens and small stock of the valley farmers.

The wolves are becoming so bold that the farmers living near the edge of the timber are afraid to send their children out alone.

There is talk of organizing a big hunting party in which the soldiers of Fort Leavenworth will be asked to join to exterminate the pests.

Died on City Street.—Tom Emerson, 50 years old, dropped unconscious on Douglas avenue at Wichita and though hundreds of people passed him, no one offered aid until he was dead.

Troy Doctor Dies.—Dr. William B. Campbell, 56 years old, widely known in medical circles in this state, died in his office at Troy of heart disease recently. Doctor Campbell came to Troy in 1882, just after he was graduated from the University of Michigan.

Returned Miners' Pay.—A thief who robbed the safe of a coal company in its office in the center of Pittsburg refused to keep three pay envelopes containing money for miners. The thief kept \$105 which belonged to the company.

Train Kills Farmer.—Silas S. Wheeler, a widely known farmer and stock man of Chase county, 77 years old, was killed by westbound Santa Fe passenger train No. 7 near Saffordville recently. He was one of the oldest residents of Chase county.

Celebrate Golden Wedding.—Mr. and Mrs. W. H. Cain, early settlers of the Burns and Wonesu neighborhoods, in Chase county, celebrated their golden wedding at their home in Burns the other day.

Big Fire at Pratt.—A fire that originated in the Jett Mercantile Company caused a \$125,000 loss at Pratt the other morning. The entire Jett store was burned, and the Oxford Cafe was demolished by falling walls. It is believed that the store was robbed, and the fire set to hide the crime.

New Science Church.—Announcement was made recently that the First Church of Christ, Scientist, will erect a new church building at Junction City at a cost of \$11,000. Work is to start early in the spring.

Former Judge Dies.—Judge W. A. Randolph died at his home after several weeks' illness. Mr. Randolph came to Emporia from Pennsylvania in 1866. He received his law education at Ann Arbor and was judge of the Lyon-Coffey-Chase county district from 1896 to 1900.

Plans \$20,000 School.—At a mass meeting at Muscotah the other day it was decided to hold a bond election for a new school building to cost \$20,000. The old building burned in December.

## New Features in a Silk Coat



Everyone appreciates the usefulness of a silk coat which may be made to serve for many occasions and emergencies. And everyone will welcome the newly designed silk coats for spring whose arrival is hurried to meet the requirements of southern tourists. Just now both long and short coats, of taffeta and other silks, are among the most pleasing of the heralds of the new season. They almost divide honors with the beautiful white gowns of fashion's stage.

A point that is most interesting, in considering the silk coat and the lingerie dress, is that anyone who is clever enough in handling materials may aspire to owning them. The materials used for making them are moderate in price, and these things depend for distinction on originality of design and beauty of workmanship. A silk coat may be the most common-place of wraps or it may be as chic and unusual as the model pictured here. It all depends upon how the silk is cut and put together.

The model shown is full, with a long flaring skirt, and is loosely belted in at the long waist line with a belt made of the silk. The collar is a very short, rippling cape about the neck, repeating the appearance of the cape idea in early importations. The management of the full, long sleeve with flaring cuff is distinctively new and original. A side-body which extends over the shoulder, is set in to the coat and is extended so that the arm's-eye falls on the arm several inches below the shoulder. Here the sleeve is set in with a piping of silk.

The cuffs are confined near the wrist with a band of silk finished with a button. The belt is cut with four tab extensions, and these are decorated each with a row of four buttons, and buttons in groups of four provide the fastening at the front.

A soft and heavy quality of silk is appropriately used for coats of this kind, and they are made up in dark colors and in black.

### Street Costumes.

Gros de Londres, a heavier faille silk, is largely used for street costumes, and some exquisite tints are shown in this weave. Among them some of the loveliest are sapphire blue, royal blue, silver gray, citron, royal purple, mole, brown, mole, Nubia brown, taupe, mushroom color and mysterious green, a very dark shade with an olive tinge.

The English city of Birmingham uses nearly 90,000 penny-in-the-slot gas meters.

## Two of the Best Spring Blouses



Blouses for the coming spring are made of all the daintiest wash fabrics in cotton and silk, and their creators never before presented such varied and beautiful assortments. Excellent as the model waists have been hitherto, those of today are better. The American woman is wedded to the blouse; it answers her needs perfectly. It is made for utility, but not at the sacrifice of beauty, and the softer cottons and lightweight silks used in its construction are woven to last and to withstand washing. They will even outwear heavier materials.

Two of the best of the new models are shown here, for the benefit of those who wish to make early purchases or to make up their own blouses in advance of the season. Each of them embodies at least one of the new style features of the spring season.

The blouse at the left is made of fine white voile and cut on the most popular of patterns. The back piece is extended over the shoulder to form a short yoke at the front, and the plain surface of the material is relieved by groups of the narrowest of flat tucks. The vogue for narrow bandings, and two colors in one garment, is recognized in this model. A border of voile, in blue or rose or maize color, finishes the edge of the collar and the top of the pockets and cuffs and extends down the fronts. The banding is set in with hemstitching, and the effect is very fine. Small spray-embroidery outline the pockets, in the same tint as the banding.

Return of Tunics.  
Novel in cut and in a diversity of styles, the tunic is again a feature, says the Dry Goods Economist. Many of the new season's dresses have the overskirt extremely full and almost even in length with the underskirt. In other models the tunic is long in front or at the sides, with a rounded, pointed or cascaded outline in the other sections. Some of the new tunics are trimmed with small ruffles or have groups of tucks, small or large, in trimming effect. Often

the material is different from that of the underskirt, in weave, in color, or in both.

Binders for Lingerie.  
Ribbon binders for lingerie are made of satin ribbon about an inch wide, long enough to go around a pile of night dresses or other lingerie, or perhaps around sheets and pillow cases. The ribbon ends fasten with a hook and eye under a single satin rose, which hides the junction and ornaments the pile.

## "CASCARETS" ACT ON LIVER, BOWELS

No sick headache, biliousness, bad taste or constipation by morning.

Get a 10-cent box.  
Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely forcing a passage every few days with Salts, Cathartic Pills, Castor Oil or Purgative Waters?

Stop having a bowel wash-day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will make you feel great by morning. They work while you sleep—never gripe, sicken or cause any inconvenience, and cost only 10 cents a box from your store. Millions of men and women take a Cascaret now and then and never have Headache, Biliousness, Coated Tongue, Indigestion, Sour Stomach or Constipation. Adv.

No Pomp in Switzerland.  
How many Englishmen—or, for that matter, how many Swiss living in England—could give offhand the name of the president of the Swiss confederation? In accordance with the Swiss constitution, the head of the state, or the president of the federal council, as he is officially called, only holds office for a year, and is elected every December. The federal assembly has just elected its president for next year. He is M. Camille Decoppet, who received 185 votes out of 188.

Owing to the curious international position of Switzerland and its relations with the belligerent powers, the position might be supposed to be one of considerable importance, but even the Swiss people are apathetic as to who shall occupy it, and they give to their chief no state honors whatever. He is accessible to almost anybody, and a British minister at Berne has told how, when he went to visit the president once, the door was opened by his wife, who was busy cooking, while the president was sitting at his desk in his shirt sleeves. Switzerland is a true republic, according to the old and classic ideal—the only one.—Manchester Guardian.

Profitable Mystery.  
"How did you leave all the folks out home?"  
"First-rate," replied Senator Sorghum. "I told them I was going to see if I couldn't straighten out a few problems for the government between now and spring. That cheered them up a great deal."

"Oh, nothing in particular. I never go into details with my constituents. If you go to explaining things, you are liable to make them sound so easy that the voters get to thinking they don't need you."—Washington Star.

Unkind.  
"A penny for your thoughts."  
"Could you pay cash if I accepted your offer?"

Snubbed.  
Jack Blunt—Shall we get married?  
Miss Bright—I shall. What you do is of no interest to me.



## A Vast Army of Workers

who need sound nourishment, whether for labor of body or brain, have come to know by actual test that they can depend upon

## Grape-Nuts

Made of whole wheat and malted barley, this famous pure food supplies all the rich nutriment of the grains, including their valuable mineral elements—lacking in many foods—but mighty necessary for energizing of the mental, physical and nervous forces.

Grape-Nuts has a delicious nut-like flavour—is always ready to eat—easy to digest, and wonderfully nourishing.

## "There's a Reason" for Grape-Nuts

Sold by Grocers everywhere.